

# MUSCULAR INJURY MANAGEMENT

## USE R.I.C.E

### FOR THE FIRST 2-3 DAYS

- R = REST:**  
To avoid further damage  
avoid moving the injured part  
as much as possible
- I = ICE:**  
For 20 mins every 2 hours for  
first 48 hours
- C = COMPRESSION:**  
Keep bandaged between ice  
treatments
- E = ELEVATE:**  
Keep the injured area raised  
above the level of your heart  
as much as possible

## AVOID H.A.R.M

### FOR FIRST 3 DAYS

- H = HEAT:**  
Avoid hot baths / showers hot  
water bottles and heat packs
- A = ALCOHOL:**  
Alcohol increases bleeding and  
swelling at the injury site and  
delays healing
- R = RUNNING:**  
You should not exercise for 72  
hours unless approved by a  
health professional
- M = MASSAGE:**  
Massaging the injury in the  
first 72 hours can slow down  
recovery